GROUNDING INSTRUCTIONS

If your elliptical has power incline with a 3-prong plug, you must follow these grounding instructions.

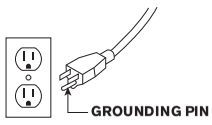
This product must be grounded. If a elliptical should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This elliptical should be used with a minimum 15-amp circuit.



WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

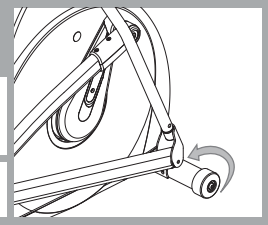
ASSEMBLY

WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

SERIAL NUMBER LOCATION



ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

EP

MODEL NAME: **AFG** **ELLIPTICAL**

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

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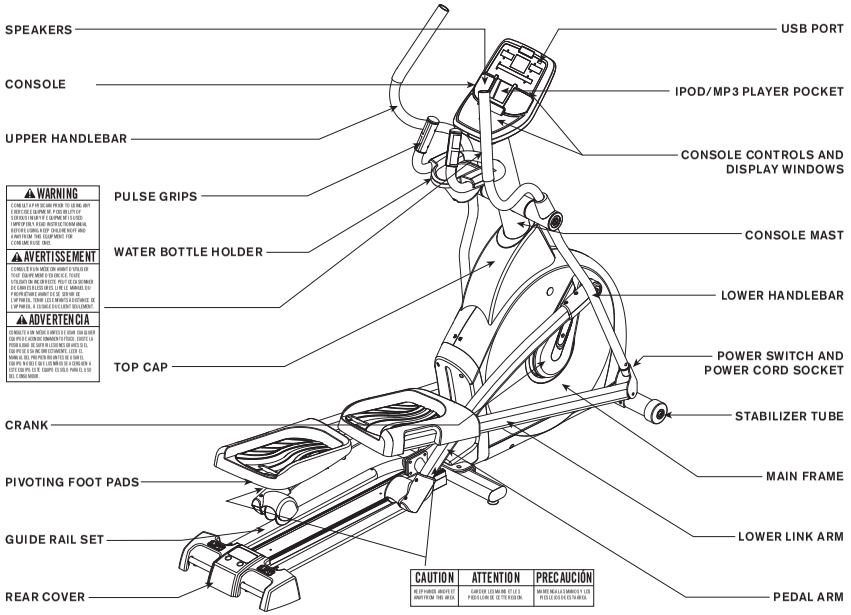

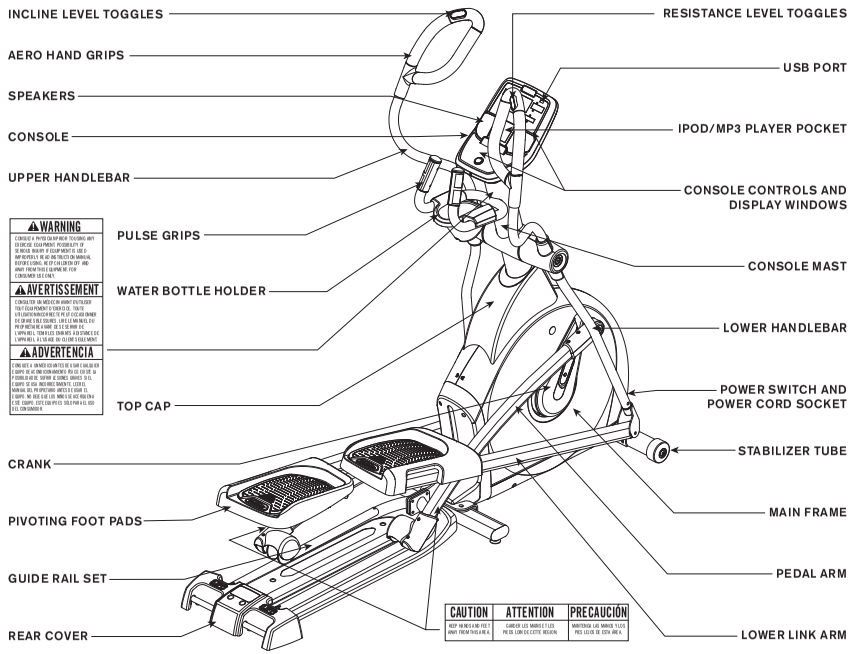

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ALL MODELS

TOOLS INCLUDED:

- ☐ 8 mm L-Wrench
- ☐ 5 mm L-Wrench
- ☐ 13/15 mm Flat Wrench
- ☐ Screwdriver
- ☐ 5 mm L-wrench/Screwdriver

PARTS INCLUDED:

- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 2 Pedal Arms
- ☐ 2 Lower Handlebars
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Top Cap (2 pieces)
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Console
- ☐ 2 Handlebar Caps
- ☐ 1 Water Bottle Holder
- ☐ 1 Rear Cover
- ☐ 1 Audio Adapter Cable
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

3.1AE only:

- ☐ 2 Handlebar Boots

4.1AE only:

- ☐ 2 Handlebar Covers
- ☐ 2 Aero Hand Grips
- ☐ 1 iPod® Dock Rubber Plug
- ☐ 1 Polar® Chest Strap

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

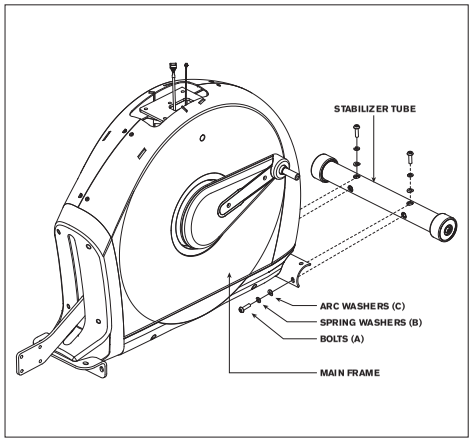
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

ASSEMBLY **STEP 1**



HARDWARE FOR STEP 1 :

A Open **HARDWARE FOR STEP 1**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ALL MODELS

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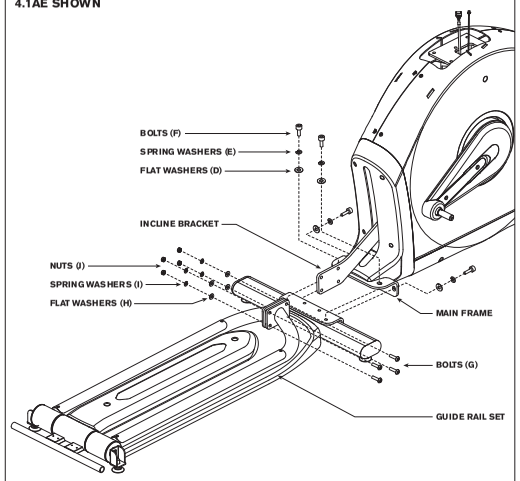
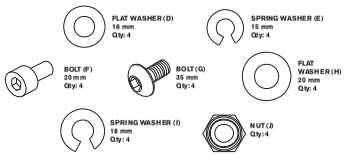
ASSEMBLY **STEP 2**

4.1AE SHOWN



HARDWARE FOR STEP 2 :



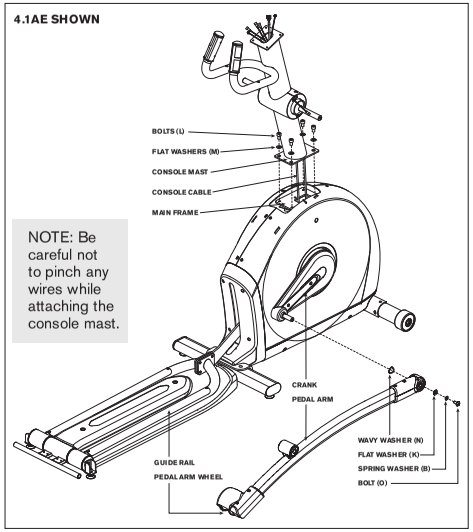
A Open **HARDWARE FOR STEP 2**.

B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (F)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.

C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

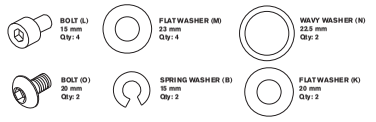
ASSEMBLY **STEP 3**

4.1AE SHOWN



NOTE: Be careful not to pinch any wires while attaching the console mast.

HARDWARE FOR STEP 3 :



A Open **HARDWARE FOR STEP 3**.

B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

C Attach **CONSOLE MAST** to **MAIN FRAME** using 4 **FLAT WASHERS (M)** and 4 **BOLTS (L)**.

D Slide **WAVY WASHER (N)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.

E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (O)**.

F Repeat steps D–E on the opposite side of the elliptical.

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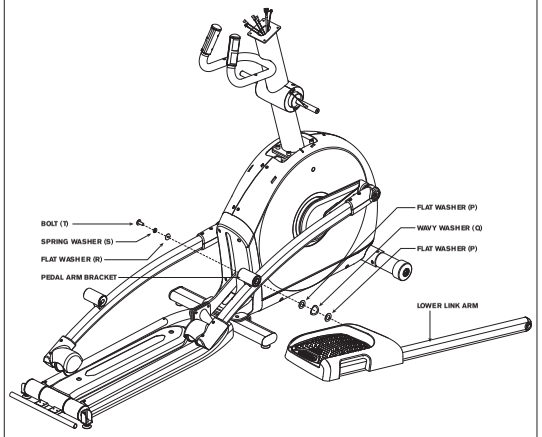
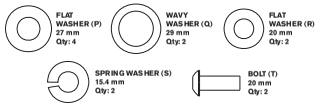
ASSEMBLY **STEP 4**

4.1AE SHOWN



HARDWARE FOR STEP 4 :



A Open **HARDWARE FOR STEP 4**.

B Slide 1 **FLAT WASHER (P)**, 1 **WAVY WASHER (Q)** and another **FLAT WASHER (P)** onto the **LOWER LINK ARM**.

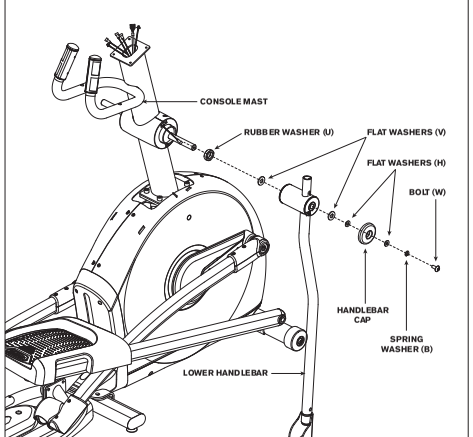
C Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

D Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (R)**, 1 **SPRING WASHER (S)** and 1 **BOLT (T)**.

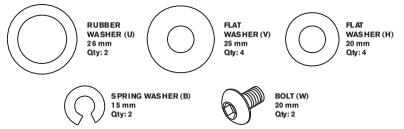
E Repeat steps B–D on the opposite side of the elliptical.

ASSEMBLY **STEP 5**

4.1AE SHOWN



HARDWARE FOR STEP 5 :



A Open **HARDWARE FOR STEP 5**.

B Slide 1 **RUBBER WASHER (U)** and 1 **FLAT WASHER (V)** onto the **CONSOLE MAST**.

C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (V)**, 1 **FLAT WASHER (H)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (H)**, 1 **SPRING WASHER (B)** and 1 **BOLT (W)**.

D Repeat steps B–C on the opposite side of the elliptical.

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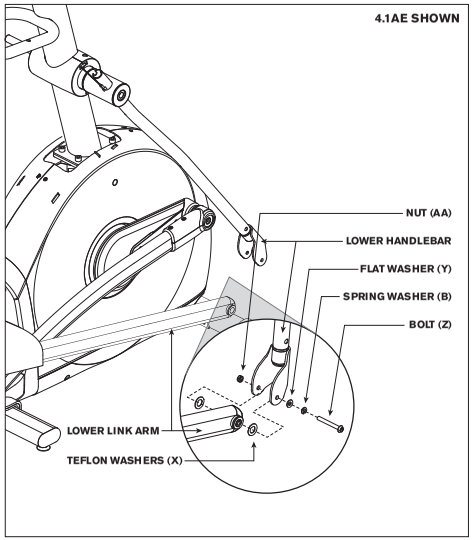
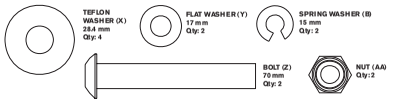
ASSEMBLY **STEP 6**



HARDWARE FOR STEP 6 :



A Open **HARDWARE FOR STEP 6**. Remove zip tie securing axle in **LOWER LINK ARM**.

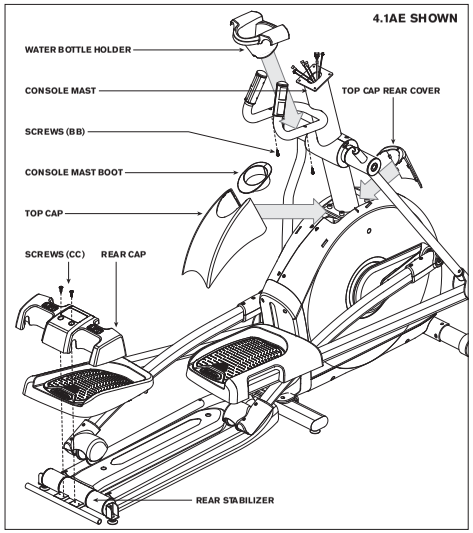
B Align end of **LOWER LINK ARM** with bracket on bottom of **LOWER HANDLEBAR**.

C Place **TEFLON WASHERS (X)** on both sides of the **LOWER LINK ARM**. While holding **TEFLON WASHERS (X)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR**.

D Secure the joint with 1 **FLAT WASHER (Y)**, 1 **SPRING WASHER (B)**,1 **BOLT (Z)** and secure with 1 **NUT (AA)**.

E Repeat steps B–D on the opposite side of the elliptical.

ASSEMBLY **STEP 7**



HARDWARE FOR STEP 7 :

A Open **HARDWARE FOR STEP 7**.

B Slide **TOP CAP** and **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.

C Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.

D Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 2 **SCREWS (BB)**.

E Slide **REAR CAP** over **REAR STABILIZER** and attach using 2 **SCREWS (CC)**.

NOTE: Be careful not to pinch any wires while tightening screws.

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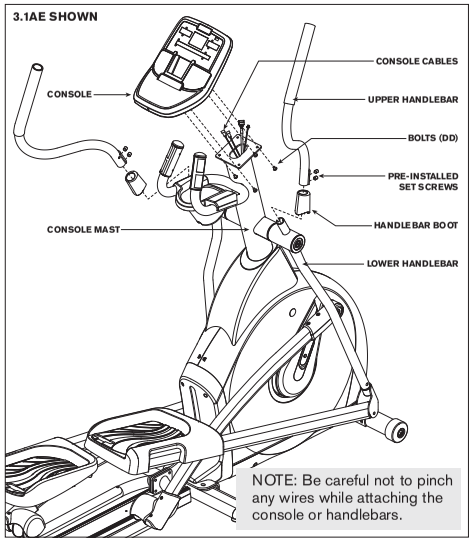
3.1AE ASSEMBLY **STEP 8**



HARDWARE FOR STEP 8 :

* This step is for 3.1AE models only.

A Open **HARDWARE FOR STEP 8**.

B Attach the 3 **CONSOLE CABLES** to the **CONSOLE**.

C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **BOLTS (DD)**.

D Slide **HANDLEBAR BOOTS** over upper handlebars.

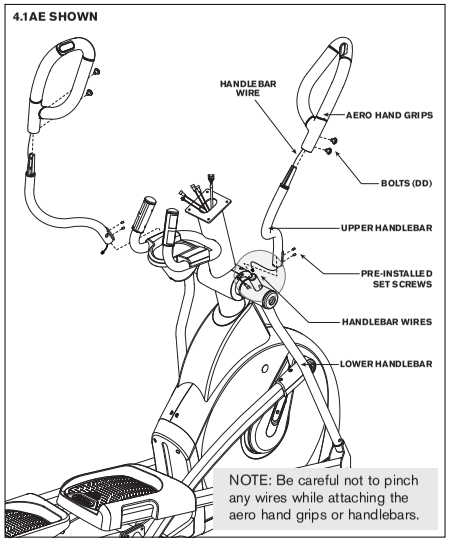
E Slide **UPPER HANDLEBARS** onto **LOWER HANDLEBARS** making sure handlebars are joined together completely. Secure **UPPER HANDLEBARS** to **LOWER HANDLEBARS** using **PRE-ATTACHED SET SCREWS**.

Make sure upper handlebars are as far down as possible. Handlebars can be damaged If not secured correctly.

F Slide **HANDLEBAR BOOTS** down to cover handlebar attachments.

3.1AE ASSEMBLY COMPLETE!

4.1AE ASSEMBLY **STEP 8**



HARDWARE FOR STEP 8 :

* This step is for 4.1AE models only.

A Open **HARDWARE FOR STEP 8**.

B Carefully pull the **HANDLEBAR WIRE** from the **AERO HAND GRIP** through the **UPPER HANDLEBAR** using the twist tie located inside the **UPPER HANDLEBAR** and then discard the twist tie.

C Pull the **HANDLEBAR WIRE** from the bottom of the **UPPER HANDLEBAR** while sliding the **AERO HAND GRIP** onto the **UPPER HANDLEBAR** to prevent the **HANDLEBAR WIRE** from becoming pinched and create slack to connect the wire.

D Attach **AERO HAND GRIP** to **UPPER HANDLEBAR** using 2 **BOLTS (DD)**.

E Guide the **HANDLEBAR WIRE** through the top of the **LOWER HANDLEBAR** and through the slot.

F Slide **UPPER HANDLEBAR** onto **LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure **UPPER HANDLEBAR** to **LOWER HANDLEBAR** using **PRE-INSTALLED SET SCREWS**.

G Connect the **HANDLEBAR WIRE** from the **UPPER HANDLEBAR** to the wire from the **CONSOLE MAST**.

H Repeat steps B – G on other side.

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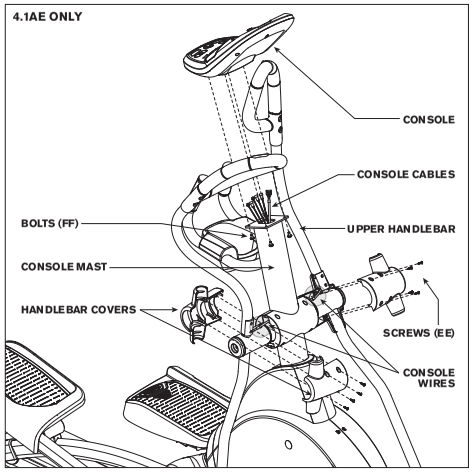
4.1AE ASSEMBLY **STEP 9**



NOTE: Be careful not to pinch any wires while attaching the console or handlebar covers.

HARDWARE FOR STEP 9 :

SCREW (EE)
15 mm
Qty: 8

BOLT (FF)
12 mm
Qty: 4

* This step is for 4.1AE only.

A Open **HARDWARE FOR STEP 9**.

B Attach right **HANDLEBAR COVERS** over handlebars using 4 **SCREWS (EE)**.

C Repeat on other side.

D Connect the 5 **CONSOLE CABLES** to the **CONSOLE**.

E Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **BOLTS (FF)**.

4.1AE ASSEMBLY COMPLETE!

ELLIPTICAL OPERATION

This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **POWER/MANUAL INCLINE OPERATION**
- **USING THE HEART RATE FUNCTION**

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